



ANCA - RALUCA TANASĂ

📍 **Work** : Str. Toma Cozma, Nr. 3 , 700554, Iasi, Romania

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Gender: Female **Nationality**: Romanian

WORK EXPERIENCE

"Alexandru Ioan Cuza" University Iasi - The Faculty of Physical Education and Sports <http://www.sport.uaic.ro/>

Address: Str. Toma Cozma, Nr. 3, 700554, Iasi, Romania | **Email address**: admefs@uaic.ro | **Name of unit or department**: Department of Physical Education and Sports | **Business or sector**: Education

Link www.sport.uaic.ro

[11/02/2021 – Current] **TEACHING ASSISTANT, PhD**

- **Tenured position for teaching practical papers regarding the following subjects**: Basic Gymnastics; Theory and Practice in Expression Sports; Theory and Practice in Winter Sports: Alpine Skiing; Theory and Practice in Activities of Tourism and Tourist Orientation; Swimming and Hydrotherapy; Training Theory and Methodology per Sports Branch - *beginners* (1, 2) - Bodybuilding - Fitness; Training Theory and Methodology per Sports Branch - *advanced* (1, 2) - Bodybuilding - Fitness; Theory and Practice in Water Sports: Swimming.
- **Research activities** (fields of interest: sports science, physical performance, physical education, sports practice, fitness, teambuilding and leisure activities, gymnastics, swimming, tourist orientation, alpine skiing, biomechanics of movement, promoting an active lifestyle, teaching and evaluation strategies).

"Alexandru Ioan Cuza" University Iasi <http://www.psih.uaic.ro/>

Address: Str. Toma Cozma, Nr. 3, 700554, Iasi, Romania | **Email address**: secretariat.fps@uaic.ro | **Name of unit or department**: Department of Faculty of Psychology and Education Sciences | **Business or sector**: Education

Link <http://www.psih.uaic.ro/>

[01/10/2019 – 05/07/2020] **ASSOCIATED TEACHING MEMBER**

Associated Teaching Member for the practical paper activities in the Discipline: Physical Education and Sports - first and second year, the Faculty of Psychology and Education Sciences.

"Ștefan Bârsănescu" Middle School Iasi <https://scsb.ro/>

Address: Str. Zugravi, Nr.12A, 700092, Iasi, Romania | **Email address**: sc15iasi@yahoo.com | **Name of unit or department**: Department of Physical Education and Sports | **Business or sector**: Education

[01/09/2016 – Current] **TENURED TEACHER, SECOND DEGREE**

Main activities and responsibilities: Formal education; non-formal education; organising sports competitions; student counselling; organising artistic activities; planning the didactic activities; conducting physical education classes; assessing students' performance and progress; organising and coordinating extracurricular activities; institutional and professional collaboration.

Tenured teacher for the subject: Physical Education and Sports - primary and middle education (from first to eighth grade).

EDUCATION AND TRAINING

- [11/04/2024] **Certificate of postdoctoral studies**
“Alexandru Ioan Cuza” University Iasi
City: Iasi | **Country:** Romania | | **Thesis:** Research topic: Fitness - Bodybuilding - Fundamental notions [in Romanian]
- [27/07/2022] **Doctoral degree in the field of “Science of Sports and Physical Education”**
“Alexandru Ioan Cuza” University Iasi
City: Iasi | **Country:** Romania | | **Thesis:** PhD thesis topic: Contribution of biomechanical analysis in optimising the execution of technical elements for beams, the category of female juniors [in Romanian]
- [02/09/2021] **Certificate of awarding the second teaching degree**
“Alexandru Ioan Cuza” University Iasi
- [21/11/2017] **Certificate of graduation - Trainer**
Structural Euro Fond & Training
- [11/04/2017] **Basic teacher’s certification**
The Iasi County School Inspectorate
- [12/06/2017] **Certificate of completion from the Department of Teaching Staff Training, Level II**
“Alexandru Ioan Cuza” University Iasi
- [07/04/2015] **Certificate of completion from the Department of Teaching Staff Training, Level I**
“Alexandru Ioan Cuza” University Iasi
- [20/11/2013] **Master’s degree**
“Alexandru Ioan Cuza” University Iasi
| **Thesis:** Dissertation paper: Study on the practice of combined muscle fitness forms - fitness fusion [in Romanian]
- [11/05/2012] **Bachelor’s degree**
“Alexandru Ioan Cuza” University Iasi
| **Thesis:** Graduation paper: Methodological aspects regarding the use of step aerobic exercises among adults [in Romanian]

LANGUAGE SKILLS

Mother tongue(s): Romanian

Other language(s):

English

LISTENING B1 READING B1 WRITING B1

SPOKEN PRODUCTION B1 SPOKEN INTERACTION B1

Portuguese

LISTENING A1 READING A1 WRITING A1

SPOKEN PRODUCTION A1 SPOKEN INTERACTION A1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

SKILLS

Microsoft Office (Excel PowerPoint Word) - nivel intermediar | Social Media | Microsoft PowerPoint | Microsoft Word | Microsoft office word | Microsoft Excel | Zoom | Google Drive | Android | Skype | facebook page | Microsoft Word- nivel intermediar | Microsoft Office | Microsoft Word Microsoft Excel Power Point

PUBLICATIONS

- [2024] [Spatial-Temporal Orientation and Balance Ability among Primary School Students: Comparative Analysis According to Gender](#)
Authors: Tanasă, A. R., & Abalășei, B. A. | **Journal Name:** Romanian Journal for Multidimensional Education | **Volume, Issue and Pages:** 16(2), 515-526.
- [2024] [Investigating the influence of personalized training on the optimisation of some psychomotor behaviours among junior gymnasts in the training process \(Moldavia, Romania\)](#)
Authors: Tanasă, A. R., Abalășei, B. A., Dumitru, I. M., Popescu, L., Ene-Voiculescu, C., Ene-Voiculescu, V., & Moraru, C. E. | **Journal Name:** BRAIN. Broad Research in Artificial Intelligence and Neuroscience | **Volume, Issue and Pages:** 15(1), 459-479
- [2024] [Comparative Analysis of Body Mass Index Among Urban and Rural School Children in Moldova: An Anthropometric Study](#)
Authors: Tanasă, A.R., Abalășei B.A. & Dumitru, I.M. | **Journal Name:** FEFSTIM | **Volume, Issue and Pages:** DOI 10.26352/HX19-FEFSTIM2023 / ISBN 979-12-80225-75-7
- [2024] [Reaction Time in Sprint Events at the European Athletics Games in Poland 2023](#)
Authors: Tomozei, R.A., Tanasă, A.R., Cojoc, F.M. | **Journal Name:** FEFSTIM | **Volume, Issue and Pages:** DOI 10.26352/HX19-FEFSTIM2023 / ISBN 979-12-80225-75-7
- [2024] **Fitness - Bodybuilding: Fundamental notions [in Romanian]**
Authors: Tanasă, A.R. | **Volume, Issue and Pages:** ISBN: 978-973-53-3184-9 | **Publisher:** Risoprint
- [2023] **Razlika u ravnoteži i uspehu izvođenja osnovnih gimnastičkih elemenata dječaka i djevojčica starosti između 7 i 8 godina**
Authors: Jovanović, S., Ilić, A., Zec, M., Tanasă, A.R., Ivanović, T.P. | **Journal Name:** Sportlogia | **Volume, Issue and Pages:** 19(1), 43-52
- [2023] [Comparative Analysis Of Some Strength Indices By Gender In Primary](#)
Authors: Tanasă, A.R., Abalășei, B.A., Muntianu, V.A., Dorgan, V. | **Journal Name:** Bulletin of the Transilvania University of Brasov, Sciences of Human Kinetics | **Volume, Issue and Pages:** 16(65) 1, 105-112
- [2023] **Contribution of biomechanical analysis in optimising the execution of technical elements for beams, the category of female juniors [in Romanian]**
Authors: Tanasă, A.R. | **Volume, Issue and Pages:** ISBN: 978-973-53-3072-9 | **Publisher:** Risoprint
- [2022] [Study Concerning The Improvement Of Coordinative Abilities In Junior Female Gymnasts Aged 10 - 12](#)
Authors: Tanasă, A.R., Moraru, C.E., Trofin, P.F., Tomozei, A.R., Ștefan, N.G. | **Journal Name:** Romanian Journal for Multidimensional Education | **Volume, Issue and Pages:** 14(3), 270-283
- [2022] [Corelations Between Biological Growth And Motor Capacities Of Primary School Children](#)
Authors: Tanasă, A.R., Moraru, C.E., Trofin, P.F., Puni, A.R., Tomozei, A.R., Toader G.N., Muntianu, V.A., Viusenco N. | **Journal Name:** Gymnasium | **Volume, Issue and Pages:** 13(1): 99 - 114

- [2021] [Study On The Physical Training Of Female Gymnasts In Beam](#)
Authors: Tanasă, A.R., Moraru, C.E., Trofin, P.F., Iordache, A.M., Tomozei, A.R., Ștefan, G.N.
Journal Name: Science of Human Kinetics | **Volume, Issue and Pages:** 14(63), 23-30.
- [2021] [An Analysis Of Extracurricular Physical Activities Among Middle - Schoolers](#)
Authors: Tanasă, A.R., Trofin, P.F., Moraru, C.E. | **Journal Name:** In 9th International Scientific Conference on Kinesiology | **Volume, Issue and Pages:** p. 445
- [2021] [Monitoring Force In Midle School Students During The Covid 19 Pandemic](#)
Authors: Tanasă, A.R., Trofin, P.F., Puni, A.R. | **Journal Name:** Journal of Physical Education and Sports | **Volume, Issue and Pages:** 21(1), 1-7
- [2021] [Study On The Practice Of Combined Muscular Fitness Forms. Filodirito Editore Proceedings](#)
Authors: Tanasă, A.R., Moraru, C.E., Dumitru, I.M., Trofin, P.F., Tomozei, A.R., Toader, N.G.
Journal Name: FILODIRITTO PUBLISHER | **Volume, Issue and Pages:** pp. 63-69
- [2021] [Comparative Study Regarding Extracurricular Sports Activity Among Primary And Middle Schoolers](#)
Authors: Tanasă, A.R., Moraru, C.E., Trofin, P.F., Puni, A.R., Tomozei, A.R. | **Journal Name:** World LUMEN Congress | **Volume, Issue and Pages:** 2021, 17, 641-649
- [2021] [Shockwave Therapy - A Modern And Revolutionary Method In Recovery Of Plantar Fasciitis](#)
Authors: Ștefan, N.G., Moraru, C.E., Tanasă, A.R., Tomozei, A.R. | **Journal Name:** FILODIRITTO PUBLISHER | **Volume, Issue and Pages:** pp. 318 - 324
- [2021] [Contribution Of Radiofrequency, Elongation, And Laser To Treating The Acute Low Back Pain Of Athletes](#)
Authors: Ștefan, N.G., Moraru, C.E., Tanasă, A.R., Tomozei, A.R. | **Journal Name:** Ovidius University Annals, Series Physical Education & Sport/Science, Movement & Health | **Volume, Issue and Pages:** 21(2), 501-506
- [2021] [Physcial Profile Differences Between the Players of The First Two Men's Handball Leagues In Romania](#)
Authors: Trofin, P.F., Honceriu, C., Tanasă, A.R. | **Journal Name:** Bulletin of the Transilvania University of Brașov | **Volume, Issue and Pages:** 14(63), 27-35
- [2020] [The Effects Of Gymnastics Training on Static Balance Among Children Aged 4 to 8](#)
Authors: Tanasă, A.R., Dumitru, I.M., Budacă, M.V. | **Journal Name:** Bulletin of the Transilvania University of Brașov | **Volume, Issue and Pages:** 13(62), 111-118
- [2020] [Qualitative Changes In Rhythmic Gymnastics Hoop Throws from The Perspective of Biomechanical Analysis](#)
Authors: Tanasă, A.R., Tomozei, A.R., Ștefan, N.G., Gavriluț, G. | **Journal Name:** Interdisciplinary Journal of Physical Education and Sport | **Volume, Issue and Pages:** 20(1), 1-8
- [2020] [The Diet of Schoolchildren, between Theory and Reality](#)
Authors: Tanasă, A.R., Moraru, C.E., Tomozei R.A., Toader, G.N. | **Journal Name:** Scientific Journal of Education, Sports, and Health | **Volume, Issue and Pages:** 21(1), 73-86
- [2020] [Study on The Improvement of The Methodical Design Used in The Acrobatic Training Process in Capoeira in The Initiation-Consolidation Stage Among Middle - Schoolers](#)
Authors: Dumitru, I.M., Mangalagiu, I., Tanasă, A.R. | **Journal Name:** Interdisciplinary Journal of Physical Education and Sport | **Volume, Issue and Pages:** 20(1), 1-15
- [2020] [The Tecar Therapy to Support Sports Traumatology](#)

Authors: Ștefan, N.G., Tanasă, A.R., Moraru, C.E. | **Journal Name:** Interdisciplinary Journal of Physical Education and Sports | **Volume, Issue and Pages:** 19(2), 69-74

[2020] [Shockwave Therapy - a modern and Efficient Pain Treatment](#)

Authors: Ștefan, N.G., Moraru, C.E., Tanasă, A.R., Tomozei, R.A. | **Journal Name:** Interdisciplinary Journal of Physical Education and Sport | **Volume, Issue and Pages:** 20(2), 1-6

[2020] [The technical profile of 110 - m hurdlers in the seniors' competitions](#)

Authors: Tomozei R.A, Moraru C.E., Tanasă A.R., Ștefan N.G.

[2020] [Technical Approach Concerning Hurdles and Steeplechase](#)

Authors: Tomozei, A.R., Tanasă, A.R., Ștefan, N.G. | **Journal Name:** Interdisciplinary Journal of Physical Education and Sport | **Volume, Issue and Pages:** 20(1), 1-9

[2019] [The Influences of Step Aerobics Routines on Exercise Capacity Among Middle-Aged Women](#)

Reference: Tanasă, A.R., Dumitru, I.M., Moraru, C.E., Nichifor, F
Journal Name: Interdisciplinary Journal of Physical Education and Sports | **Volume, Issue and Pages:** 19(2), 75-80

[2019] [Analysis of Speed Run Technique through Biomechanics. Scientific Journal of Education, Sports, and Health](#)

Reference: Tomozei, R.A., Moraru, C.E., Tanasă, A.R., Gavriluț, G.
Journal Name: Scientific Journal of Education, Sports, and Health | **Volume, Issue and Pages:** 21(2), 90-100

DRIVING LICENCE

Cars: B

PROJECTS

[30/06/2025] **FDI: Accessibility, Awareness and Connectivity to Higher Education for People with Disabilities (ACCESS)**

[30/04/2025] **Mixed Intensive Programme: Achieving Wellbeing: Games and Exercises for Developing Motor Intelligence**

[31/03/2025] **Mixed Intensive Programme: Global Insights: Strategic Communication and Security in International Relations**

[24/04/2023] **Erasmus Sports+ For Social Change (S4SC)**

[18/06/2020] **How Do I Become a Teacher/Coach?**

[16/07/2018] **Erasmus+ Sport: „Get Addicted to Sport Values”**

OTHER SKILLS

Social Skills and Competences

Team spirit.

Increased adaptability.

Ability to acquire new knowledge and skills necessary for activities specific to the academic environment.

Ability to organise sociocultural activities and volunteer work.

Empathy and openness in communication with people of all ages.

Active involvement in team projects and extracurricular activities.

COMMUNICATION AND INTERPERSONAL SKILLS

Communication Skills

Oral and written communication skills and adaptability to multicultural environments.

Clear and adjusted communication in interactions with students, colleagues, and parents.

Active listening and empathy in educational interactions.

ORGANISATIONAL SKILLS

Organisational Skills and Competences

Solid experience in project and team management, acquired through projects conducted in the school and academic environment or through professional training courses.

Knowledge of quality control procedures.

Ability to provide educational guidance to pupils and students.

Capacity to coordinate work teams with diverse responsibilities.

Leadership, analytical and synthesis skills, decision-making capacity, and the ability to organise groups of pre-university and university students.

Organisational team spirit.

Punctuality, ability to make quick decisions in unexpected situations, and adaptability to context.

Work quality assessment based on performance criteria and quality control.

Capacity for self-improvement